



WHEN YOU ARRIVE IN PRISON TO SERVE YOUR SENTENCE

What will you encounter when serving your sentence in Halden Prison? "First and foremost, respect and a period characterised by many opportunities," says prison officer Jostein Isenskjold.

What you must have when you arrive is valid ID and a sentence summons.

You can also bring the following: A limited number of clothes, reading materials, writing and drawing materials, unframed pictures, a limited number of original CDs, an electric razor, a portable CD player.

If you have medicines prescribed to you by a doctor, you must bring the prescription or original packaging that shows the name of the pharmacy. This is to make it easier for the health section to evaluate the medication.

You may not bring the following: Toiletries, all types of spray bottles, illegal pornography, PC equipment, music players capable of recording, non-original/burned CDs/DVDs, jewellery, watches worth more than NOK 5,000, as well as tobacco, cigarettes, etc.

Entry

When you arrive, all you have to do is ring the doorbell at the entrance and you will be let inside. You will be received here and conveyed through the control zone. You must leave any baggage here for closer inspection.

Prison Services will be notified of your arrival, and will collect you and take you further.

One of prison officer Jostein Isenskjold's specific tasks is to receive new inmates at Halden Prison.

"The first thing I do is shake hands with the new arrival and welcome him to Halden Prison. I can tell a lot about someone's state of mind on the basis of their handshake and the way they are behaving. Is he looking me in the eyes? Is he trying to be tough?"

"Most people who arrive for the first time are naturally nervous and unsure of what they will encounter. As we move on, I talk about the



When you first arrive in prison to serve your sentence, you may meet prison officer **Jostein Isenskjold**.

weather and so on to keep them calm. I also seek to identify as much information as possible in terms of intoxication and their health situation to find out whether we should expect any kind of delayed reaction. 95 per cent respond honestly, knowing that it helps us to protect them and take care of them as best as possible,' he says.

If you arrive intoxicated, you will be placed in isolation until you are sober.

Fellow humans

Isenskjold has found that it is disarming if he receives new arrivals in a pleasant manner and doesn't speak to them as objects, but as fellow humans.

We want them to feel confident that we will take care of them and ensure that their sentence has content.

In the reception department, you will be taken to a room and asked to remove all your clothes for a body search. There are always two officers present. You will then be given an arrivals pack, which contains a clothes bag, a duvet, tracksuit bottoms, a sweatshirt, a duvet cover, pillowcase, sheets, two towels, two briefs, a t-shirt, two pairs of socks, a toothbrush, one tube of tooth paste, a bar of soap, a pen, normal envelopes and writing paper.

Your own possessions will be physically checked and inspected by a dog before you can take these to your cell, provided they are permitted items. As part of this process, you will also receive general information about the prison.

You will subsequently be registered. You will be asked for your name, address, details of relatives, whether you are a carer of children, maintenance obligations, etc. and your photo will be taken and used, amongst other things, for an ID card.

The card also works as a debit card, which can be used once per week to shop in the prison store.

A-Block

Anyone admitted to Halden Prison either on remand or to serve a sentence will start their stay in the reception department, which is section A. This is the highest security section.

The sentence begins in a single room, which the new arrival gets to know. He should then find out during the first days of his sentence where the health section and school are located.

In A-Block, there are opportunities for a differentiated provision for inmates, featuring both work and education options. All inmates are given the opportunity to make twenty minutes of phone calls per week. Exceptions are made in special situations where specific needs have arisen. Inmates may apply for an extension of 10 minutes to their calling time per week. This applies specifically to inmates with children. Inmates who speak a foreign language may apply for permission to speak their native language.

Eventually, you will be moved to section B or C and may participate in the comprehensive education and job programmes on offer.

There are many opportunities – the choice is yours!

